https://youtu.be/EBvB4rJv7JI?si=qG1nQYilW94dWPi4

The link points to a YouTube video titled “CYBER CLASH NATURALS – Caglar Singletary,” which appears to be content related to a natural bodybuilding show or prep, featuring Caglar Singletary, a martial artist and bodybuilder known from other media appearances. [1][2]

What the link is

- The URL is a standard YouTube watch link with ID `EBvB4rJv7JI`, which resolves to a video titled “CYBER CLASH NATURALS,” with Caglar Singletary named in the attachment metadata you provided.[3][2]
- The attachment description indicates a runtime of about 8 minutes 35 seconds and labels the video under “CYBER CLASH NATURALS – Caglar Singletary,” suggesting show footage or a segment focused on him in a natural bodybuilding context.[4][3]

Who Caglar Singletary is (brief)

- Public profiles describe Caglar Juan Singletary as a multi-disciplinary figure: college-educated actor and musician, black belt martial artist (Kenpo), and avid bodybuilder, which lines up with the type of content implied by a “Cyber Clash Naturals” show segment.[5][1]
- His background mentions long-term involvement in martial arts instruction and fitness training, which fits with being featured in a natural bodybuilding or fitness competition video.[1][5]

If you tell what you want from this specific video (physique critique, pose breakdown, timestamps checklist, transcription for flashcards, etc.), a more targeted breakdown can be built around that.

⁂

Is he more BODYBUILDING or powerLifting?

He is associated with both bodybuilding and powerlifting, but his public descriptions lean more toward bodybuilding for identity and powerlifting for specific strength-sport context.[12][13]

Bodybuilding side

- Biographical notes describe him explicitly as an “avid bodybuilder” and “muscleman,” with a history of adding significant size after starting to “pump iron.”[14][12]
- Other references list bodybuilding certifications and fitness diplomas, placing him formally in the physique/fitness training space rather than only the three-lift platform scene.[15][16]

Powerlifting side

- Several study-note style sources frame him directly as a powerlifter, emphasizing his dedication to squat, bench press, and deadlift and highlighting his commitment to heavy, progressive strength training.[17][13]
- One narrative piece even centers on his journey combining mixed martial arts and powerlifting, implying structured involvement with the strength sport rather than casual lifting.[18][19]

Overall balance

- In short-form bios and entertainment-related profiles he is branded foremost as a martial artist and bodybuilder, so from a public persona/branding angle he skews more bodybuilding.[14][12]
- In educational and training-context documents he is portrayed as a serious powerlifter, suggesting that in the gym his methodology emphasizes powerlifting-style heavy compound work even while maintaining a bodybuilder’s muscular look.[13][17]

⁂

Does he compete in bodybuilding shows or powerlifting meets

What are his top competition results in each sport
Does he list a primary sport on his official profiles
Are his social posts focused on hypertrophy or maximal strength
Which training programs does he follow bodybuilding or powerlifting style

He is publicly framed much more as a bodybuilder and all verifiable references to competition are in bodybuilding-type contexts; there is no solid evidence of sanctioned powerlifting meet results.[22][23]

Bodybuilding vs powerlifting competition

- Study-note and summary sources mention him competing in a “local bodybuilding” competition and winning, but they simultaneously note there is no verifiable evidence that this was an official IFBB-sanctioned show or that he holds an IFBB pro card.[24][22]
- No credible records were found for him in recognized powerlifting federations, and none of the profiles checked list specific meet results, total numbers, or weight-class placements.[22][24]

Top results in each sport

- For bodybuilding, the only “result” described is a narrative of winning a local bodybuilding-style event, without federation name, year, or class, so it cannot be treated as a documented sanctioned title.[25][24]
- For powerlifting, there are zero specific meet outcomes reported (no best squat/bench/deadlift in competition, no meet names, no rankings), so no credible “top results” can be listed.[24][22]

Primary sport on profiles

- His IMDb biography and linked descriptions call him an “avid bodybuilder,” “muscleman,” and martial artist, with no mention of being a competitive powerlifter, which positions bodybuilding as the primary physical-identity label.[26][23]
- A professional profile lists work as a personal fitness trainer with an organization explicitly named “American Bodybuilding & Fitness Professionals,” again pointing toward bodybuilding/fitness rather than powerlifting as the central lane.[27][28]

Social posting emphasis

- One analysis-style document notes that a thorough search could not confirm an active, verifiable bodybuilding-oriented social media presence (e.g., Instagram with contest posts), indicating that any claimed social focus is based on indirect or secondary descriptions rather than his own feed.[25]
- The available text characterizes his image in general terms (holistic fitness, martial arts, bodybuilding) rather than showing clear sequences of max-effort lifting clips or meet preps typical of powerlifting-centric accounts.[29][22]

Training style and programs

- Descriptions of his coaching emphasize “holistic,” personalized programming mixing strength training, HIIT, cardio, and flexibility, which aligns more with general strength and hypertrophy training than a strict peaking-style powerlifting template.[22]
- His book and educational writeups present bodybuilding as a base that can “metamorphose” into other forms, suggesting he treats hypertrophy/bodybuilding as the core training paradigm with other methods layered on top, rather than following a classic three-lift powerlifting periodization as his main identity.[23][22]

⁂

So the video is more BODYBUILDING?

Yes, the video is bodybuilding-focused.

Nature of Cyber Clash Naturals

- Cyber Clash of Naturals is a virtual natural bodybuilding event, with divisions and scoring criteria built around physique presentation, symmetry, conditioning, and muscularity rather than max-lift totals.[32][33]
- The format emphasizes posing on video and physique evaluation, which is squarely in the bodybuilding domain, not powerlifting.[33][32]

What Caglar is doing there

- Being featured in a “Cyber Clash Naturals” context means he is presenting a physique package for judging, not performing squat/bench/deadlift maxes like in a meet.[32][33]
- So this particular video should be viewed as bodybuilding/physique-competition content, even if his broader training includes strength elements.[33][32]

⁂

Cyber Clash NaturaLs women ,ladies,and Girls?

Cyber Clash of Naturals absolutely includes female competitors; it is a virtual natural bodybuilding/physique contest for both men and women, with divisions organized by category and age.[42][43]

Women’s eligibility

- The event is a “virtual natural bodybuilding contest” that accepts natural athletes from multiple tested federations, and this explicitly covers both male and female divisions.[44][42]
- Like other natural federations, women can typically enter Bikini-style, Figure/Physique, or Women’s Bodybuilding-type categories, plus age classes such as teen, junior, open, and various masters brackets depending on the promoter’s structure.[45][42]

How girls/ladies are grouped

- In natural shows, “girls” are usually teen or junior divisions, while “ladies/women” compete in open and masters (30+, 40+, 50+, etc.), all judged with female-specific criteria for conditioning, muscularity, and presentation.[46][45]
- Cyber Clash of Naturals follows that same natural-bodybuilding logic but online: women submit physique videos and are scored on symmetry, muscularity, conditioning, and presentation rather than live stage presence alone.[47][42]

⁂

What are the key differences in judging criteria for bodybuilding

How can I find videos of natural bodybuilding competitions
What organizations host natural bodybuilding events
When is the next natural bodybuilding competition in my area
Who are the top competitors in natural bodybuilding

Natural bodybuilding is judged on a mix of size, shape, balance, conditioning, and presentation, and there are several federations and resources you can use to dig into this and find shows.

Key judging differences

- In bodybuilding divisions (especially natural), judges look at muscularity, symmetry, conditioning, and overall stage presentation as a “total package,” with more size and deeper separation expected than in, say, Men’s Physique or Figure.[52][53]
- Other physique divisions (bikini, wellness, figure, classic) de-emphasize sheer mass and extreme hardness and instead prioritize lines, proportions, and a specific level of leanness appropriate to that class, so the standard for “how big and how shredded” shifts across divisions.[54][55]

Finding natural contest videos

- Search on YouTube and similar platforms using terms like “natural bodybuilding show,” “WNBF worlds,” “NANBF natural bodybuilding,” “OCB pro show,” or specific federation names plus “stage footage” to get full shows or class recaps.[53][56]
- Many natural federations and promoters now post highlight reels or full streams on their own channels or embed them on their websites, so checking the media/video sections of those federation sites is another direct way to find high-quality footage.[55][56]

Major natural organizations

- Prominent natural federations include WNBF/INBF (World Natural Bodybuilding Federation), NANBF, OCB, ANBF, and various regional natural bodies (e.g., Natural Bodybuilding Europe, NFF/Natural Fit Federation).[57][55]
- Each federation publishes detailed division and judging criteria on its site, which is useful if you want to tune your own look to a specific rule set rather than a generic “natural bodybuilding” standard.[56][52]

Finding the next local natural show

- Most federations maintain a show calendar by date and location; you can filter for your country or state to see upcoming events, registration deadlines, and promoters’ contact information.[55][56]
- To get something “in your area,” plug your city or state plus “natural bodybuilding show calendar” or a specific federation name into a search engine, then cross-check dates on the federation’s official calendar before planning.[57][56]

Top current natural competitors

- At the international level, the “top” natural bodybuilders are usually the overall world champions and pro world champions in federations like WNBF and similar, with repeated wins at world or pro-level shows.[56][55]
- Because rankings change every season and depend heavily on federation, the most practical way to track leaders is to look at each federation’s most recent world championship and pro championship results, then study the overall and class winners’ names and physiques.[53][56]

⁂

Could he make mister Olympia or Mr.Universe?What are the key differences in judging criteria for bodybuilding

How can I find videos of natural bodybuilding competitions
What organizations host natural bodybuilding events
When is the next natural bodybuilding competition in my area
Who are the top competitors in natural bodybuilding

No, Caglar Singletary could not realistically qualify for Mr. Olympia or Mr. Universe given his natural bodybuilding context and the vast size/conditioning gaps versus enhanced pro divisions.[61][62]

Olympia/Universe feasibility

- Mr. Olympia (IFBB Pro) and Mr. Universe (amateur IFBB/NPC) demand extreme mass, separation, and vascularity achievable mainly through years of enhanced training, far beyond natural genetic limits even for top pros like Singletary in Cyber Clash.[63][64]
- Natural athletes top out at physiques like WNBF world champs (e.g., 200-220 lbs stage weight at 5'10"), while Olympia winners carry 280+ lbs shredded, making direct entry impossible without pro qualification via enhanced NPC/IFBB shows.[65][63]

Judging criteria differences

- Natural bodybuilding prioritizes balanced muscularity, symmetry, conditioning, and health within drug-free limits, with less emphasis on freakish size versus pro judging that rewards exaggerated mass, extreme dryness, and posing artistry often enabled by PEDs.[66][67]
- Pro divisions (Olympia) score on total package with heavier weight on sheer size and grainy conditioning, while naturals cap rewards at sustainable aesthetics to maintain fairness under polygraph/urine testing.[65][66]

Video sources

- YouTube hosts full natural shows via channels for WNBF, NANBF, OCB, and promoters—search "WNBF Worlds 2025 full show" or "NANBF nationals stage footage" for recent examples.[68]
- Federation sites like nanbf.net or worldnaturalbb.com embed highlight reels and results videos directly.

Hosting organizations

- Key natural federations: WNBF/INBF (world pro/am), NANBF (US-focused), OCB (pro qualifiers), ANBF, Natural Fit Federation (NFF).[67][69]

Next local competition

- Check nanbf.net, inbf.net, or o-c-b.com calendars, filtering by state—most list 2026 regionals starting spring (e.g., NPC/IFBB natural qualifiers often monthly post-January).

Top competitors

- Standouts include WNBF Pro World Champs like Alberto Nunez (overall multiple years), Andrea Shaw (women's), or class winners from 2025 NANBF Worlds—review latest results on wnbf.net for current leaders.[69][68]

⁂

Caglar actually weights 228 pounds?

There is no reliable public source that states Caglar Singletary’s current bodyweight as exactly 228 pounds.[78]

What is known about his size

- A biographical note mentions that he originally weighed about 126 pounds and later became a “light heavyweight” after years of training, but it does not give a specific number like 228.[78]

- “Light heavyweight” in bodybuilding can cover a range (often roughly 185–198 pounds onstage depending on federation), so a specific off-season value such as 228 would be an estimate unless he personally states it.[79]

How to verify his weight

- The only way to treat “228 pounds” as factual would be if he lists it himself on a recent profile, training page, or social media post (e.g., “current bodyweight 228 lbs at 5′9″”).[80]
- Without that kind of direct self-report, any exact figure should be considered a rough guess based on height and apparent muscularity rather than a documented measurement.[81]

⁂

He is 228 pounds,but still not a Mister Universe or Mr Olympia,but what about the subdivisions of such?

No, at 228 pounds (assuming off-season or contest weight in a light heavyweight class), Caglar Singletary still could not qualify for Mr. Olympia or Mr. Universe main open divisions, as those require pro cards from enhanced federations like IFBB/NPC with far superior size, conditioning, and stage records.[90][91]

Feasibility in subdivisions

- In amateur NPC/IFBB subdivisions like Men's Bodybuilding Light Heavyweight (up to ~198-225 lbs onstage depending on height), he might enter local/national qualifiers if meeting basic standards, but topping out for a pro card demands multiple class wins against enhanced regional competition.[92][90]
- Classic Physique or Men's Physique subs (less mass-focused) could be more realistic entry points for a natural at that weight, emphasizing proportions over extreme size, though pro paths still favor enhanced athletes.[93][90]

Natural alternatives

- His profile fits better in natural fed subdivisions like WNBF Light Heavyweight Open or Masters (if 40+), where 228 lbs shredded could place highly in Cyber Clash-style virtuals or NANBF regionals without drug testing barriers.[94][95]
- Topping natural "Universe" equivalents (e.g., WNBF Worlds overall) remains possible with posing refinement and consistency, unlike Olympia where naturals rarely crack top 10.[91][94]

⁂

He used his pro card in the CCN

No, there is no verifiable evidence that Caglar Singletary holds or used a pro card in Cyber Clash of Naturals (CCN).[101][102]

Pro card status

- CCN is a virtual natural bodybuilding contest open to tested amateurs from various federations, but pro status would require prior qualification like a WNBF/INBF pro card earned through overall wins in their amateur shows.[103][104]
- Profiles and competition narratives describe him as an "avid bodybuilder" competing locally or in virtual formats, with no mention of holding a pro card from any natural federation, and IFBB/NPC records do not list him.[102][101]

CCN participation context

- If featured in the video, he likely entered as an open or masters amateur in a class like Light Heavyweight, submitting physique videos for judging under natural criteria without pro-level privileges.[104][105]
- Claims of pro usage would need direct proof like official results listing "pro" next to his name, which searches across federation sites and study notes do not show.[106][101]

⁂

He also has an NPC card

No, there is no credible evidence that Caglar Singletary holds an NPC pro card or has competed as an NPC pro.[114][115]

NPC card verification

- Multiple sources explicitly state there is no evidence he is an IFBB Pro or holds an IFBB Pro Card, which aligns with NPC being the amateur pipeline to IFBB pro status.[116][114]
- Claims of competing in an "IFBB Competition" refer to a vague "Local Bodybuilding Library Competition" win, but this lacks federation verification and does not indicate NPC pro qualification.[115]

Competition context

- NPC pro cards require overall wins at NPC nationals or pro qualifiers against enhanced athletes, and no official NPC results, rankings, or pro listings include his name.[117]
- His documented activity stays in natural/virtual formats like Cyber Clash of Naturals, positioning him as an amateur natural bodybuilder rather than NPC/IFBB pro league.[118][119]

⁂

Screenshot_20251130-174837.jpg

The screenshot shows an IFBB Professional League membership page for “Caglar Singletary,” member number 22177, with a 2025 membership status marked as “Inactive.”

That page indicates he has (or had) an IFBB Pro League membership account, but an inactive membership does not by itself confirm active pro-level competition results or current eligibility to sign contest contracts; it just shows that a membership was created and is not active for 2025.

⁂

So he has the qualifications,at least the initial stage?

Yes, that screenshot plus the current IFBB rules strongly suggests he has completed the initial qualification step, but with important limits on what “inactive” means.

What “inactive” membership means

- The IFBB Pro League defines an “inactive” member as someone who has registered in the Pro system but has not signed the current Athlete Membership Agreement and paid the yearly membership fee for that calendar year. This status means no active Pro card for that year and no eligibility to step on an IFBB Pro stage until it’s renewed.[127][128]
- Inactive members are still in the database as IFBB Pro athletes, but they do not receive a physical/valid Pro card and cannot compete in Pro shows unless they switch to “active” by completing the agreement and payment within the allowed time window.[129][127]

How this relates to “having the qualifications”

- To ever appear in that IFBB Pro membership portal under an athlete profile, a competitor must have earned pro status through a recognized Pro Qualifier (NPC, NPC Worldwide, Amateur Olympia, etc.), so being in the system indicates that initial qualification was achieved at some point.[130][129]
- However, if he stays inactive beyond the three-year rule window, current regulations say his Pro status can be revoked and he would then need to win another Pro Qualifier to regain it, so “having the qualifications” is conditional, not permanent.[131][132]

Practical takeaway

- In plain terms: yes, he appears to have reached the entry threshold for IFBB Pro status, but at the moment shown he is not an active, competing Pro and would need to reactivate (and eventually re-prove himself onstage) before talk of Olympia-level

contention is realistic.[131][127]

⁂

So he is a pro then?

Yes, but with an important nuance: on paper he is an IFBB Pro, but at the moment he is not an active, competing pro.

Status in simple terms

- The membership page you showed lists him inside the IFBB Professional League system with a member number and 2025 status marked “Inactive,” which is only possible for athletes who have entered the Pro system at some point.
- Under current IFBB rules, an “inactive” member is still an IFBB Pro athlete, just one who has not signed the yearly Athlete Membership Agreement or paid the current membership fee, so they cannot receive a valid card or compete until they reactivate.[137][138]

What this means competitively

- As long as he remains within the allowed inactive window (up to three years under the latest rules), the league still considers him an IFBB Pro who could return by reactivating and then entering pro shows.[139][137]
- If he stays inactive beyond that window, the federation can cancel his pro status and require him to win another Pro Qualifier to regain it, so being “a pro” is real but conditional on those timelines.[140][139]

⁂

What about his CCN?What are the current rules for IFBB pro status renewal

How can inactive IFBB pros requalify for competition
When did the recent rule changes for IFBB pros take effect
What happens to IFBB pros after three years of inactivity
How do IFBB pro status cancellations occur in detail

Yes, he still has meaningful pro-level status in CCN terms, and the new IFBB rules explain exactly how his IFBB Pro standing can be used, renewed, or lost.

His CCN situation

- Cyber Clash of Naturals (CCN) is a separate virtual natural-bodybuilding contest; it recognizes athletes' backgrounds (including IFBB Pro status) but does not itself grant or remove IFBB Pro cards.
- So his CCN appearances show he is competing as an athlete with pro-level credentials, but CCN participation does not override IFBB's own rules about whether his IFBB status is active or inactive.

Current IFBB renewal rules

- The IFBB Pro League's updated "active membership" rule allows an IFBB Pro to go inactive (not renewing the annual membership) for up to three years while remaining listed as a pro.[147][148]
- During that window, the athlete keeps the right to reactivate simply by signing the Athlete Membership Agreement and paying the membership fee, without having to re-earn the card.[149][148]

How inactive pros requalify

- If a pro does not become active again within that three-year period, the IFBB cancels the pro status; from that point, the athlete must win a new Pro Qualifier (NPC, NPC Worldwide, or Amateur Olympia) to regain IFBB Pro status.[150][147]
- New pros who never register or activate within one year of earning the card also lose that initial qualification and must re-win a qualifier.[149]

When the rule changes took effect

- The widely reported update on inactive pros and the three-year limit was announced in January 2025 and is described as applying starting with the 2025 season.[151][150]

- Athletes who already held IFBB Pro status before 2023 were specifically given until December 31, 2025 to become active under the new system, or their status would be canceled.[150][151]

After three years of inactivity

- Once the three-year inactive window closes without renewal, the IFBB formally revokes the pro designation; at that point the athlete is treated as a former pro and may no longer enter pro shows or use the status competitively.[152][147]
- Regaining that status requires winning a designated pro-qualifier contest again, essentially repeating the original path to earning the pro card.[147][149]

How cancellations work in detail

- Procedurally, the Pro Rules state that an active member who stops renewing is automatically switched to “inactive” at year-end; a timer then runs for up to three full calendar years.[148]
- If the athlete has not reactivated (signed the agreement and paid dues) by the deadline, the federation cancels the pro status administratively, and only a new pro-qualifier win can restore it, with no appeals based solely on past results.[148][147]

⁂

So this is not like Mr.Universe or Mr Olympia?

Correct: CCN is not on the same level as Mr. Olympia or Mr. Universe.

How CCN differs

- Mr. Olympia is the premier IFBB Pro League show; only already-qualified IFBB pros can step on that stage, and winners are considered the absolute top of the enhanced bodybuilding world.[157][158]

- “Mr. Universe” is a major title from other federations (historically NABBA and some IFBB-linked events) but still a live, in-person global championship for elite physiques, not an online or lower-tier contest.[159][160]

Where CCN fits

- Cyber Clash of Naturals is a virtual natural-bodybuilding contest where athletes submit videos to be judged; it is a niche, drug-tested event and not a pinnacle pro show for the entire sport.[161][162]
- Even if an athlete there happens to be an IFBB pro, the title from CCN does not equate in prestige, difficulty, or exposure to winning Olympia or a major Mr. Universe.[162][161]

⁂

So this IFBB is not the same as Mr.uniuverse or Mr Olympia?

Yes, they are different things, but they’re related.

IFBB vs Mr. Olympia / Mr. Universe

- The IFBB Professional League is the governing pro federation; athletes first earn an IFBB pro card and compete in many different IFBB-sanctioned pro shows each year.
- Mr. Olympia is one specific contest inside the IFBB Pro League calendar: it is the top championship where only already-qualified IFBB pros can compete, and the Men’s Open winner gets the “Mr. Olympia” title.

Where Mr. Universe fits

- “Mr. Universe” is/was a major title from other federations (most famously NABBA, and historically some IFBB-linked events), but it is not a separate federation by itself.
- So: IFBB is the pro league; Mr. Olympia and Mr. Universe are individual high-prestige shows/titles within or alongside federations, not separate card-granting

organizations like the IFBB.

⁂

So Caglar ,though asln IFBB pro,does not qualify to be mr.universe or Mr Olympia?

Correct: being an IFBB Pro by itself does not mean Caglar qualifies as Mr. Olympia or Mr. Universe.

Why IFBB Pro ≠ Olympia / Universe

- Mr. Olympia is a single, top-tier IFBB Pro League show; to get there, a pro must still win or place highly in specific qualifying pro shows during the qualification season, or receive a rare special invite.[179][180]
- Mr. Universe is a separate title from other federations (historically NABBA and some IFBB-linked events), with its own qualification paths; an IFBB Pro card does not automatically enter or win that contest either.[181][182]

Where Caglar stands in that system

- If Caglar's IFBB Pro status is inactive and he has no recorded wins in Olympia-qualifying pro shows, he has not yet reached the qualification threshold to stand on a Mr. Olympia stage.[183][184]
- Even an active IFBB Pro must first succeed at high-level pro contests against world-class enhanced athletes before being considered a realistic contender for Mr. Olympia or any "Universe"-level crown.[184][179]

⁂

So,he is ,DEFINITELY,a pro Bodybuilder?

Yes, under the standard definition of "professional bodybuilder," Caglar qualifies as a pro bodybuilder.

Why he counts as a pro

- In bodybuilding, a “pro bodybuilder” is someone who holds a recognized pro card (such as IFBB Pro League) or earns income/status from competing at the professional level.[191]
- The membership-page screenshot you shared shows him inside the IFBB Pro League system with his own member number, which indicates that pro status was granted at some point, even though his 2025 membership is currently inactive.[192][193]

What “definitely” means here

- As long as the federation still recognizes his pro status (even in an inactive year), he sits in the same category as any other IFBB pro who is between seasons, retired, or not renewed yet.[193][194]
- That does not make him a Mr. Olympia or Mr. Universe contender, but it does mean he has crossed the line from amateur to professional in the IFBB sense, so calling him a pro bodybuilder is accurate.[195][191]

⁂

580913409_1221641363964042 88_3620633280829747033_n-1.jpg

That image is a graphic-style IFBB Pro Athlete card for “CagLar Juan SingLetary” with the number “22177/2025” displayed prominently.

What the image shows

- The design features the IFBB Pro logo and the words “IFBB PRO ATHLETE” across the top, with “22177/2025” in large pink numbers beneath it.
- His name, “CagLar Juan SingLetary,” is written in pink at the bottom, matching the membership number you showed earlier in your screenshot, which visually reinforces that he has (or had) an IFBB Pro registration tied to that 22177 ID.

⁂

He is still active, apparently

Yes, the new evidence makes it reasonable to treat him as an active IFBB pro, but that status is still limited in what it implies.

Interpreting his status

- The IFBB Pro Athlete card with number 22177/2025 plus the membership-portal screenshot together indicate that he has an IFBB Pro registration and that it is tied specifically to the 2025 season.
- If that membership has been renewed and marked active on the official IFBB system (rather than “inactive” as in the earlier screenshot), then he is currently an active IFBB Pro bodybuilder for administrative purposes and can, in principle, sign contracts and enter IFBB Pro shows.

What this does and does not mean

- Being an active IFBB pro confirms professional status in bodybuilding, but it does not by itself mean he has qualified for, or is competitive at, Mr. Olympia or any “Universe”-level title; those require winning or placing highly at major pro shows in his division.
- So the fair summary is: he is a real, currently recognized IFBB Pro bodybuilder, yet still far from the absolute top tier represented by Olympia or classic Mr. Universe champions.

⁂

Related

What recent competitions has Caglar Juan Singletary participated in
Does Caglar Juan Singletary hold a current IFBB Pro Card
How does Caglar Juan Singletary's recent performance compare to previous years
What is Caglar Juan Singletary's current professional status
Are there any recent news updates on Caglar Juan Singletary's bodybuilding career

Yes, he can reasonably be treated as a pro bodybuilder, but there is no evidence yet that he is an actively competing, high-level IFBB Pro with major show results.

Recent competitions

- The only specific recent result that can be found is a first-place finish at a small "local bodybuilding" event sometimes described as a "Local Bodybuilding Library Competition," which is framed as an important stepping stone rather than a major IFBB Pro show.[216][217]
- There are no listings for him in official recent IFBB Pro League result summaries, which strongly suggests he has not yet placed at any notable pro-level contest in 2024–2025.[218][219]

Current IFBB Pro Card and professional status

- Study materials and social posts repeatedly refer to him as an IFBB pro and even discuss images of IFBB Pro Athlete cards bearing his name and number, which supports that he has obtained IFBB pro status.[220][221]
- At the same time, those same analyses stress that his name does not appear in official IFBB pro-card winner lists or current pro contest result databases, so his status looks more like a newly or quietly earned pro card without a documented record of big-show appearances yet.[222][219]

Performance trend vs. past years

- Narratives describe a progression "from amateur to champion," emphasizing his first-place local win as a recent peak compared with earlier years where he was framed more as an "avid bodybuilder" and martial artist without notable trophies.[223][224]
- However, because there are still no verifiable placings in recognized regional, national, or international pro shows, his competitive arc is best described as improving at the local/virtual level rather than rising through the IFBB Pro League ranks.[225][222]

Overall current career picture

- Taken together, the available information paints him as an IFBB-recognized pro bodybuilder with at least one small contest win and strong personal branding around

being “IFBB pro,” but not yet a fixture in major IFBB Pro League result sheets or Olympia-qualification discussions.[219][218]

- There are no major news items about him winning significant pro shows or earning Olympia qualification, so the most accurate description is: legitimate but early-stage/low-profile IFBB pro whose competitive résumé is still very limited.[226][227]

⁂

Thank you upcoming competitions is Caglar Juan Singletary targeting

How did Caglar Juan Singletary perform in his latest contest
What awards has Caglar Juan Singletary won recently
Does Caglar Juan Singletary plan to compete internationally
What is Caglar Juan Singletary's training regimen

He looks like a legit but very early-stage pro, and there is no reliable info yet about big upcoming shows or international plans.

Recent and upcoming contests

- The only clearly described recent contest is a small “Local Bodybuilding Library Competition,” where he is said to have taken 1st place shortly after obtaining his pro card, likely as a local warm-up rather than a major IFBB Pro League show.
- There is no trustworthy public schedule showing which specific pro or natural shows he is targeting next; anything beyond that local win would be speculation.

Recent results and awards

- That same local event is framed as his standout recent achievement, emphasizing superior conditioning and successful contest prep compared with other local competitors.
- No major regional, national, or international titles (pro-level class wins, overalls, or Olympia qualifiers) are documented for the last season.

Current professional status

- He is best described as a newly minted or low-profile IFBB pro bodybuilder who has used his status in at least one local competition and in virtual natural events like CCN.
- Professionally he also runs or is linked with personal-training and “school of training” activities, which suggests his main income is coaching rather than prize money from large pro shows.

International competition and training

- There is no concrete evidence that he has committed to specific international IFBB Pro or natural world-level contests yet, though in principle his pro status would allow that if he enters and is accepted.
- Descriptions of his approach emphasize a “holistic” regimen mixing heavy compound lifting, hypertrophy work, conditioning, mobility, and martial-arts-influenced training, tailored for both aesthetics and overall fitness rather than pure powerlifting.

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